

how do i take a shower?

Posted by desperate\_teddybear - 17 Dec 2010 03:45

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for who get it and might have figured out a way:how do i take a shower? it is so hard for me, the only way i get through it clean (literally and addiction-wise lol) is by disconnecting myself from my mind during the process...

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Re: how do i take a shower?

Posted by Yesod Tzadik - 23 Dec 2010 14:09

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I try to avoid showering at home at all cost, even after a haircut, (then I sleep with a towel over the pillow) I shower every day in mikvah. Except just before being together.

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Re: how do i take a shower?

Posted by 2nd-chance - 26 Dec 2010 16:15

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When you can avoid showers at home , **Avoiding** would be the right choice.

When this is not possible, try Stuart's "**RUSHING**" Idea, hop in the at the last minute.

If you still need the shower and there is no rushing to anywhere.

Try the **YETZER HORA** Idea:

Have a **Refreshment** or any **Entertainment** waiting for you, on the **condition** that you pass.

HATZLOCHO

Be Brave, Be in control

Your friend @ GYE

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Re: how do i take a shower?

Posted by desperate\_teddybear - 28 Dec 2010 15:52

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[On The Road wrote on 28 Dec 2010 06:05:](#)

And - for the record- I just realized tht my remark to set off a whole chain reaction of inane comments.. so sorry about that.

\*pbbbbbbbbbbbbbbbbbbbt\* we's having fun man.

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Re: how do i take a shower?

Posted by im not alone - 02 Jan 2011 15:33

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Hi all

what i would do is

right before i take a shower i would go to the 90 day chat and check "still clean" and make a commitment that when i come out of the shower i would again (hopefully) check it again "still clean"..... it works

but i really think you should consider taking a shwer in the mikvah

reconsider its worth it

stay strong

your brother

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Re: how do i take a shower?

Posted by ben durdayah - 02 Jan 2011 19:04

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I'm also a shower in the Mikvah person, although when I was a bachur I would sometimes abuse the shower at home. LeMaaseh I shower more or less with my eyes closed by default. Here in Israel, most people turn the shower on for 30 seconds so that their body is wet, and then lather themselves up and then rinse off. so I start with my head and my face -which means that my eyes must remain shut if I don't want them to get full of shampoo and soap- and then continue washing the rest of the body (BTW this is the right order halachically and kabbalah-ically concerned) washing right, left, then center excluding the groin area. Then I let the hot water pour down and rinse me off, and I come out squeaky clean -physically and spiritually. When you do things in a ritualistic fashion, it sort of helps you stay focused on what you're there to do...get clean!

Besides, you can try and commune with Hashem in the shower as well! You can wash your head and think: 'G-d, I can wash my physical head -but only you can wash the filth out of my mind -I'm doing what I can -please do what You can...' and the same for the rest of your body...Just stay focused: G-d I'm in the shower to get clean physically...help me get clean spiritually...

What's wrong with your original idea? I.e. Disconnecting your mind from everything except washing your body and hair, while trying to be mekabel on yourself not to place your hands or look at the entire crotch area? The suds and water get down there and do their job without your hands.

It's alot better than skiing, snowboarding, or getting a 'tan'!

Hang in there,

Ben Durdayah

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Re: how do i take a shower?

Posted by Yesod Tzadik - 05 Jan 2011 12:51

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[im not alone wrote on 02 Jan 2011 15:33:](#)

but i really think you should consider taking a shwer in the mikvah

I try to avoid my "shwer" in the mikvah. ;D

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Re: how do i take a shower?

Posted by ben durdayah - 05 Jan 2011 14:42

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That's actually Halacha Me'ikkar HaDin that your not supposed to go to the Mikvah with your father, shwer (father-in-law), or brothers-in-law!

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Re: how do i take a shower?

Posted by im not alone - 05 Jan 2011 19:02

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[tomid besimcha wrote on 05 Jan 2011 12:51:](#)

[im not alone wrote on 02 Jan 2011 15:33:](#)

but i really think you should consider taking a shwer in the mikvah

I try to avoid my "shwer" in the mikvah. ;D

are you all nuts

misspelled, i wanted to write "shower"

besides that. "consider taking "a" shwer (shvar) in the mikvah". a shvar?

like hey guy are you a shvar? can you come trucking with me to the mikvah -i have some problems there- i want to go together with you!

(thats an awesome solution to his probem. no?)

**nuts**

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Re: how do i take a shower?  
Posted by desperate\_teddybear - 05 Jan 2011 23:57

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dude, they're just teasing ya

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Re: how do i take a shower?

Posted by im not alone - 06 Jan 2011 03:15

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[d\\_teddybear wrote on 05 Jan 2011 23:57:](#)

dude, they're just teasing ya

as if i didnt know

are you nuts?

i think im the only fruit here.....sweet fruit

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Re: how do i take a shower?

Posted by admonymous - 19 Jan 2011 09:10

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Maybe you can call someone (someone you set it with before) during the shower, put him on speaker and talk to him.

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Re: how do i take a shower?

Posted by DovInIsrael - 15 Feb 2011 13:33

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nuts??

you guys are ALL CRAZY!!!

this is the MOST RID-iculus conversation I've ever heard.

matter of fact - this addiction of mine is pretty RIDiculous, too !

how about taking a shower with Mickey Mouse ears on - just to make sure you dont slip and do something SILLY !

dov.ii

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Re: how do i take a shower?

Posted by aaron - 16 Feb 2011 20:56

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surprised no one reccomended this yet (hear me out please).....

what about showering with underwear/boxers on? or maybe a bathing suit?

as strange as it sounds, i might just act as another layer of deterrent in keeping your hands away.....

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Re: how do i take a shower?

Posted by Yosef Hatzadik - 16 Feb 2011 21:16

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[Confidence wrote on 16 Feb 2011 20:56:](#)

surprised no one recommended this yet (hear me out please).....

what about showering with underwear/boxers on? or maybe a bathing suit?

as strange as it sounds, i might just act as another layer of deterrent in keeping your hands away.....

This idea has the opposite effect on me. :-[

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not to mention that it'll cut down the laundry